What is claimed is:

1. A multiplexing method for multimedia communication in the H.223 protocol, comprising the steps of:

(a) encoding media data; and

(b) multiplexing the media data encoded in the step (a) in units of a predetermined frame, and inserting a second flag having a predetermined length with an auto-correlation in the frame after a first flag having the opening and closing of the frame.

2. The multiplexing method of claim 1, wherein the frame further comprises:

a header having data information: and

a payload having video and audio data.

3. The multiplexing method of claim 1, wherein the second flag of the step (b) has a bit pattern of "10110010".

4. The multiplexing method of claim 1, wherein the second flag of the step (b) is a pseudo noise code (PN CODE).

5. The multiplexing method of claim 1, wherein the multiplexing of the step (b) is performed together with an interleaving.

6. The multiplexing method of claim 1, wherein the second flag is inserted in the frame when a plurality of the first flags exist continuously or no payload exists in the frame.